

Abstract

The present invention relates to a herbal health protective, promotive nutraceutical formulation for women, human expectant mothers and lactating mothers, and also relates to a process for the preparation of custom made herbal health protective, promotive nutraceutical formulations as food supplements to ameliorate the general health of females with optimum nutrients, said process comprises the base product of microwave oven roasted seed powders mixture from selected genera of *Glycine*, *Phaseolus*, *Cicer*, *Psophocarpus*, *Mucuna*, *Triticum*, *Hordeum*, *Amaranthus*, *Chenopodium* and *Fagopyrum*, fortified with the natural herbs/ medicinal plants extract from the genera *Centella*, *Withania*, *Pueraria*, *Asparagus*, *Chlorophytum*, *Boerhaavia*, *Sida*, *Saraca* and also some other ingredients like pale sugar powder, jaggary, milk powder, coca powder, *Elettaria cardamomum* (Elaichi) powder, *Piper longum* (Pippali) fruit powder, *Myristica fragrans* (Jaiphal) fruit powder were also added to get the final nutraceuticals; the nutraceuticals are with optimum natural nutrients, non toxic, natural herbal plant products, easy to digest, have protective, preventive and health promotive properties for the good health and vigour of the females, pregnant and lactating mothers so as to ensure the optimal growth and development of the child both at prenatal and post natal stages.